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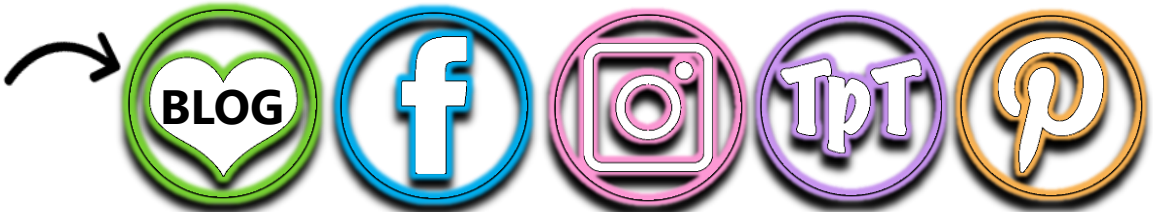
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Library



Stay updated on new product announcements (they are 50% off for the first 24 hrs posted!) by following me on TPT, checking out my website, and subscribing to my newsletter.



If you have any questions or concerns please email me at:
heartandmindteaching@gmail.com

♥
Ashley

GOOGLE SLIDES

Your resource comes with a digital version for use in Google Slides via Google Classroom. Follow these steps to upload your resource.

1 Click here  [Walk in my Sneakers](#)

2 You will be prompted to make a copy of the resource. Click on the blue box that says “Make a copy” and the resource will go directly into your Google drive.

Google Drive

Copy document

Would you like to make a copy of Career Interest Inventory?

Make a copy



3 Go to your Google Drive and locate the copy of the file. You can rename the file at this point or add/delete slides.

4 Next, go to your Google Classroom and add an assignment. Select the Google Drive Symbol and select the resource you want to assign.

5 From here, you should see a grey box that says “Students can view file.” Click the grey box. A dropdown menu should appear. Select, “Make a copy for each student.”

YOU HAVE TO MAKE A COPY FOR EACH STUDENT!

Otherwise they will all be editing the same file.

Click “Assign” in the top right corner if you’re ready to post!

This product is meant to be used in “edit” mode (not “presentation” mode). Edit mode is the only mode that allows drag & drop and writing in text boxes.

Helpful links for using Google Classroom:

[Teacher Tips for using Google Classroom \(TPT blog\)](#)

[Getting Started with Google Classroom \(youtube video\)](#)

WALK IN MY SNEAKERS



Session Objective:

- *Students will practice perspective taking.
- *Students will practice having empathy.

Materials:

- *Walk in my sneakers handouts.

Guiding Questions:

- *Why is it important to think about how someone else might think or feel?
- *How can using empathy make you a better friend?
- *How can taking a friend's perspective help you to maintain that friendship?

Session Details (about 30 minutes)

*"Today we are going to be talking about empathy, has anyone ever heard the expression put yourself in their shoes? Do you think that actually means to put on someone else's shoes? Probably not. What do you think it means?" Allow for responses. "Putting yourself in someone else's shoes means you experience life through another's feelings, another's way of looking at things or their perspective. It's not about putting your feelings on them or feeling bad for them, it's imagining and identifying with their situation and their response to it. This is not easy to do, it takes a lot of focus. You need to be paying attention to their body language and their tone to understand what they might be feeling. Let's listen to some examples and respond with how we think they might be feeling."

*Walk in my Sneakers activity: Using the Walk in my sneakers handouts, read each example and ask students the questions after the example to have them practice perspective taking and having empathy for others.

*"See how we can all put ourselves in another person's shoes to understand their way of thinking? It really helps, especially with conflicts."

ASCA Standards Alignment:

- *Mindset: Belief in development of whole self, including a healthy balance of mental, social/emotional and physical well-being. (M 1)
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- *Behavior: Social Skills: Demonstrate empathy. (B-SS 4)

SEL Competencies:

- *Self-awareness: identifying emotions.
- *Relationship skills: relationship building, communication, social engagement.
- *Social-awareness: Respect for others, appreciating diversity, perspective-taking, empathy.

ways to show EMPATHY



PERSPECTIVE TAKING

Think about how the other person might be feeling.

LISTEN

Really listen to what they are saying, make eye contact and nod your head to show you are listening.

ACKNOWLEDGE FEELINGS

Think about how the person must be feeling and state that, for example "It sounds like that really hurt your feelings and made you sad."

DON'T JUDGE

Judgement and criticisms are not helpful and often make a person feel worse.

SHOW YOU CARE

Ask questions and show interest in what they are talking about. Do not interrupt or show signs of disinterest.

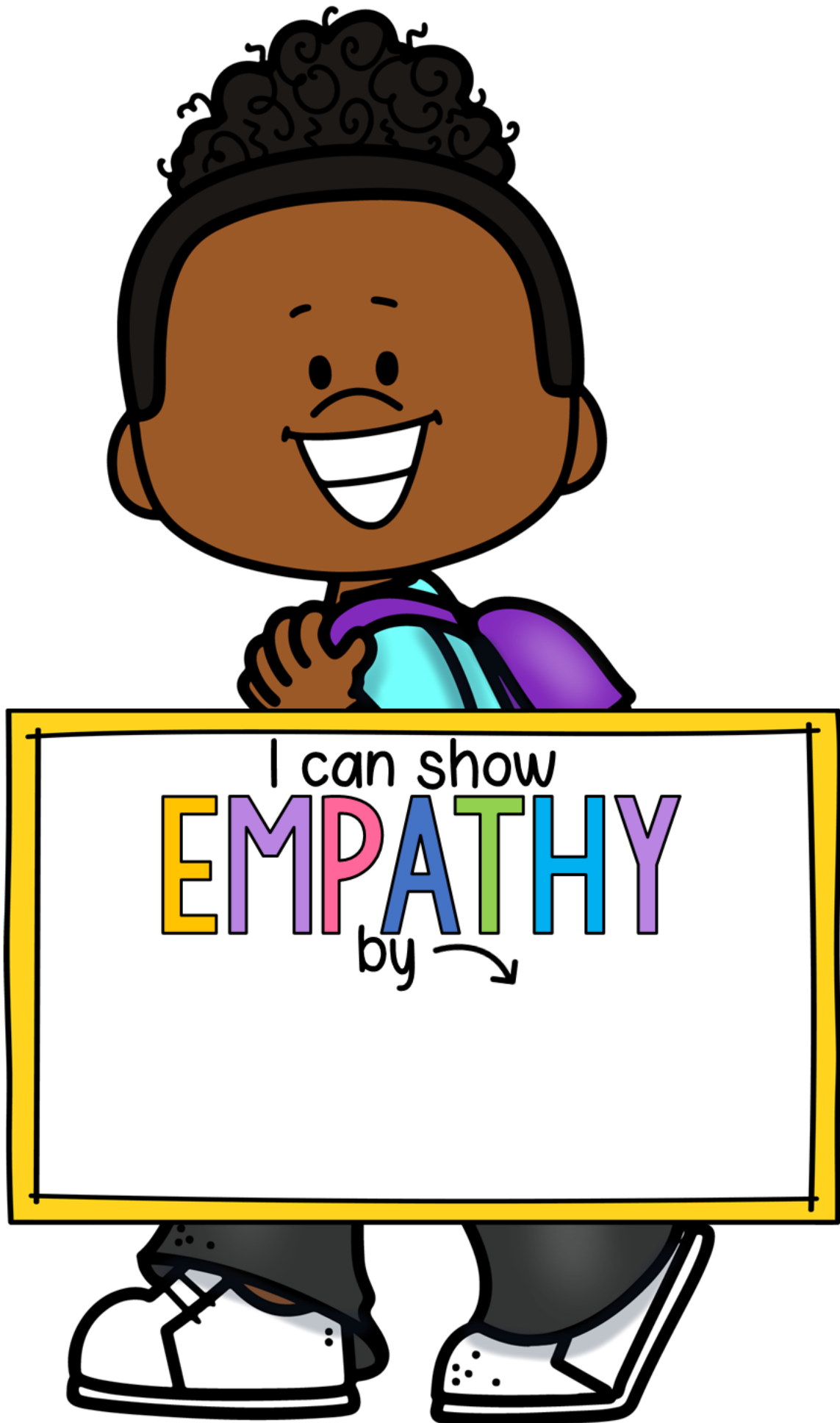


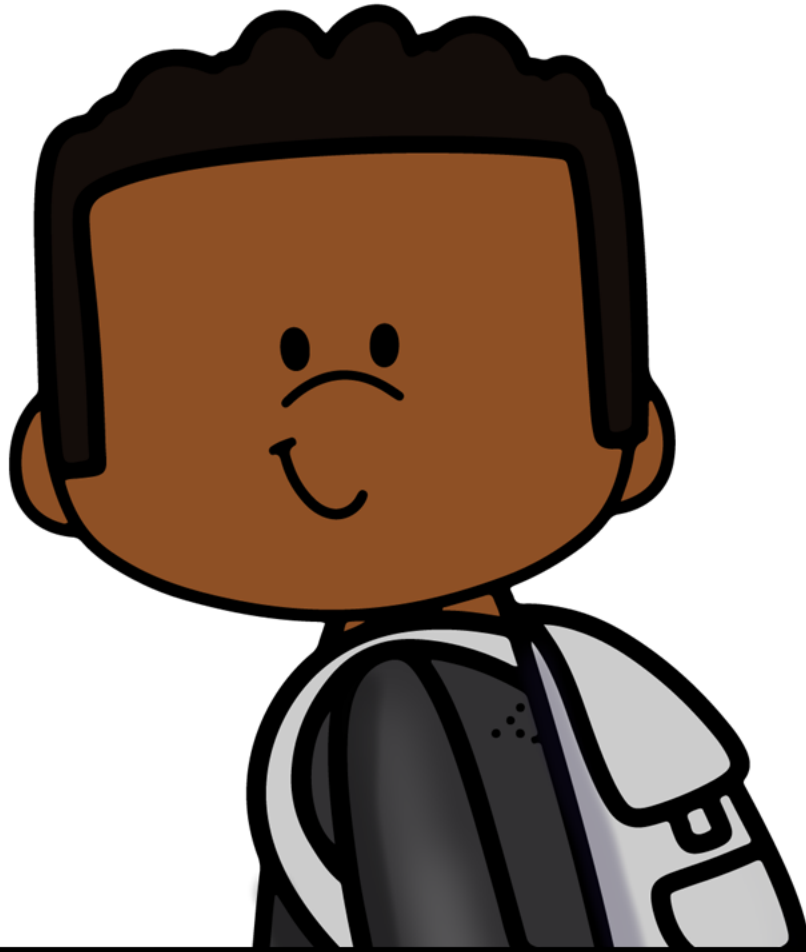




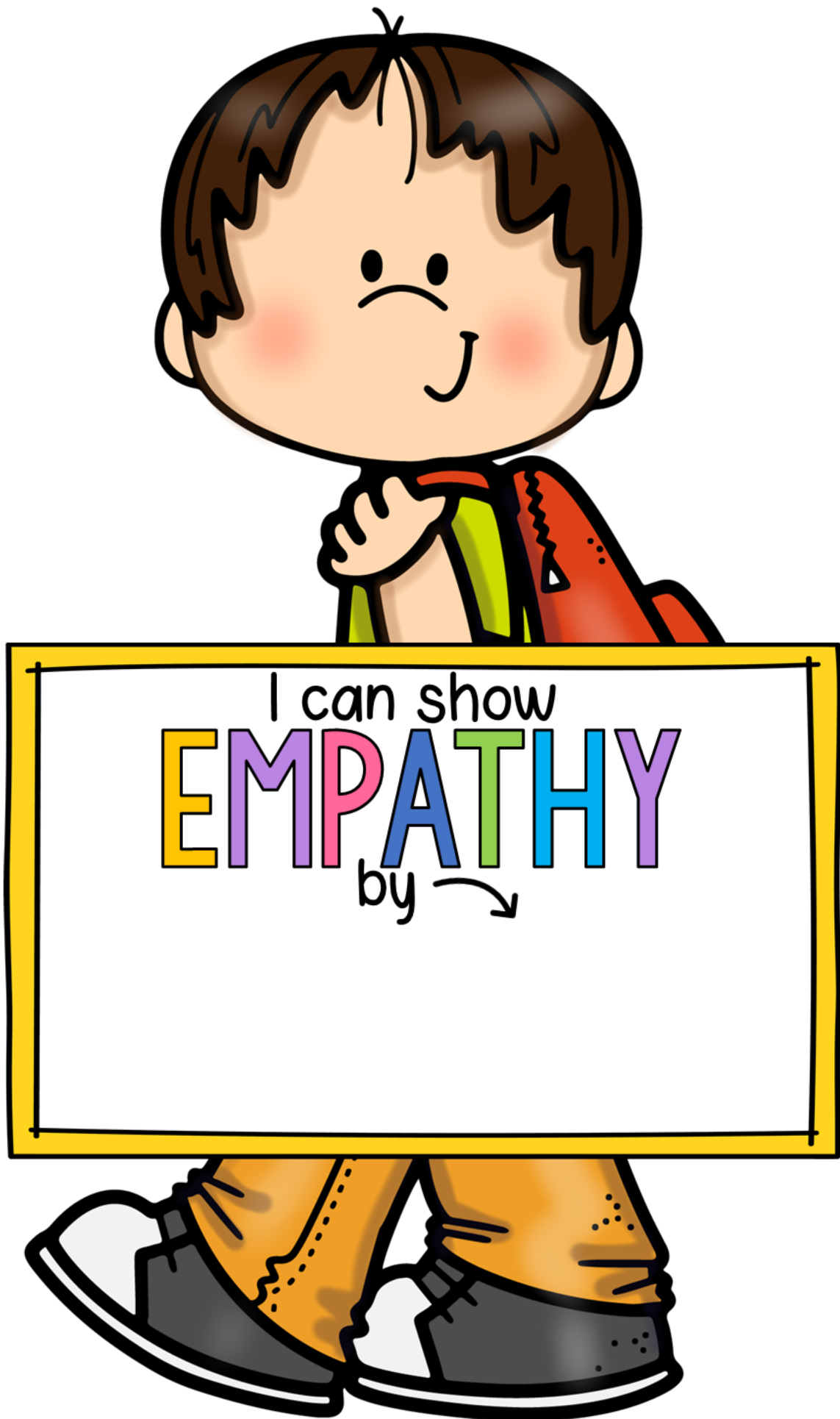









I can show
EMPATHY
by →



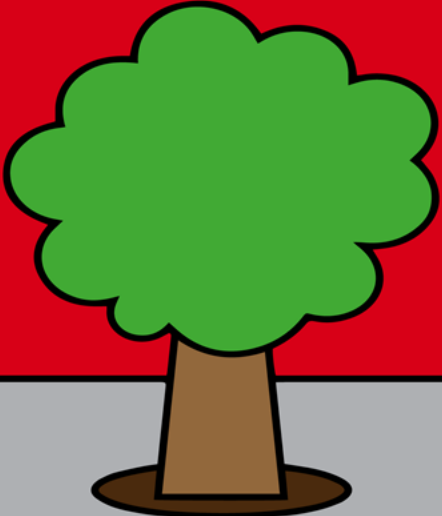




PRACTICE EMPATHY

Putting yourself in someone else's shoes means you experience life through another's feelings, another's way of looking at things or their perspective. It's not about putting your feelings on them or feeling bad for them, it's imagining and identifying with their situation and their response to it. This is not easy to do, it takes a lot of focus.

Let's look at ways to show empathy and then go through some examples of different situations that some characters have dealt with and respond with how we think they might be feeling.



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Walk in My SNEAKERS



Yolanda is late for school again for the third time this week. How might she be feeling? How might others around her feel?

Walk in My SNEAKERS



Krista was called a mean name and starts to cry. How is Krista feeling? If you were Krista, how would you handle it?

Aiden lost his Math folder, it had all his homework in it. How is Aiden feeling? If you were Aiden what would you do?



Anabelle won the game at recess, she is smiling. How is Anabelle feeling? If you were Anabelle, how would you act?



Paul is upset he is not the line leader, he stomps his feet in the hallway. What is Paul feeling? How does it look to others?



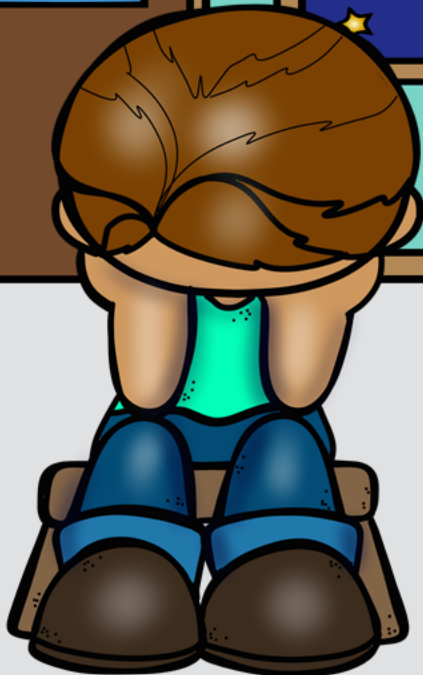
Sandra spreads gossip about Gus to the whole class. What will others think? How will it make Gus feel?



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John had a tough day at school today, he got his color changed and a note is being sent home to his mom. How is John feeling? How would it make you feel?



WALK IN MY SNEAKERS



Regina tattles on Hank. How does Hank feel? How would you feel? What do you think might happen afterward?



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WALK IN MY SNEAKERS

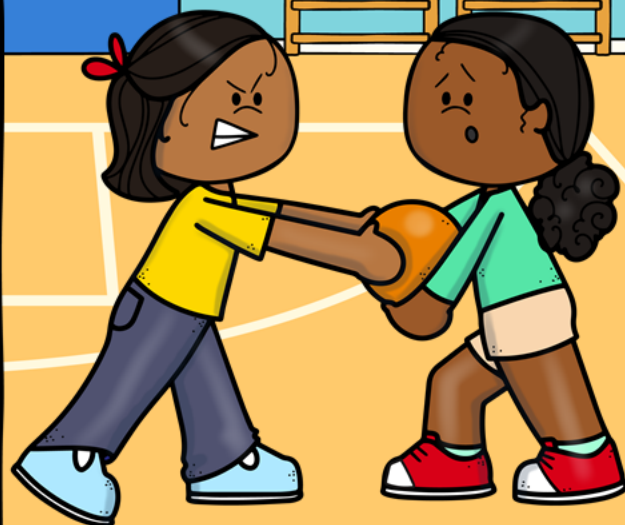
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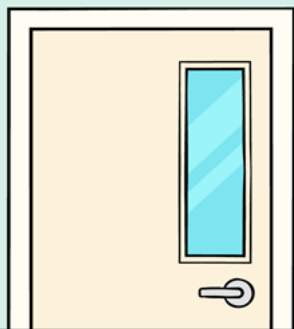
Walk in My SNEAKERS

Jose rolls his eyes as the teacher is talking to him. How is Jose feeling? How is the teacher feeling?



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WALK IN MY SNEAKERS



Brian is at the Book Fair and starts yelling at his little brother. How does his little brother feel? How does Brian feel?



WALK IN MY SNEAKERS

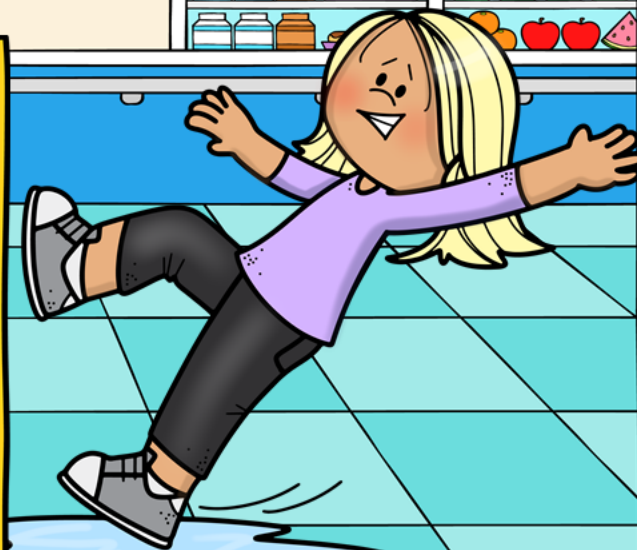


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Walk in My SNEAKERS

Nicole slips and falls in the cafeteria. Her food is all over her shirt. How does Nicole feel? How would you feel? What would you do?



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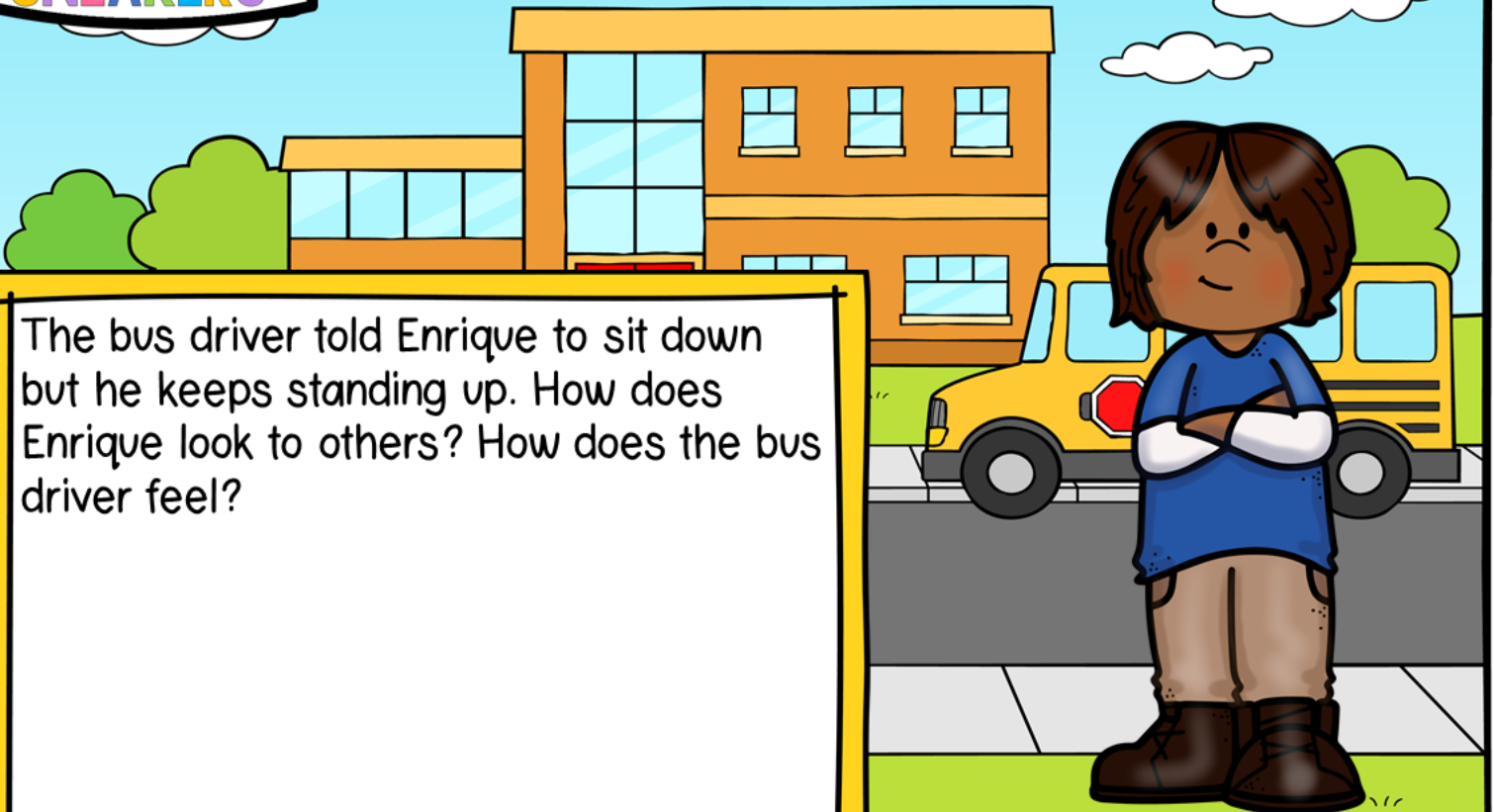
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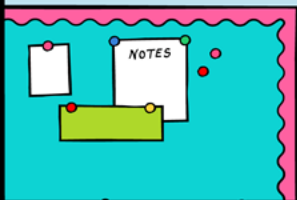
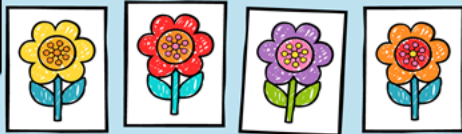
WALK IN MY SNEAKERS

The bus driver told Enrique to sit down but he keeps standing up. How does Enrique look to others? How does the bus driver feel?



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Walk in My SNEAKERS



Danielle keeps falling asleep in class.
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Walk in My SNEAKERS

Alex yells "Fire" in the hallway and there
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Walk in My SNEAKERS

Johanna got a bad grade on a test, she screams out loud "I hate school". How is Johanna feeling? How would you feel? How does it look to others?



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Walk in My SNEAKERS

Juliana is performing in the talent show and some people in the crowd are talking loudly. How do you think she would feel? How would you feel?





Mrs. Smith is explaining the math lesson to Ramon and he looks at the clock. How would that make Mrs. Smith feel? Would you feel the same way?



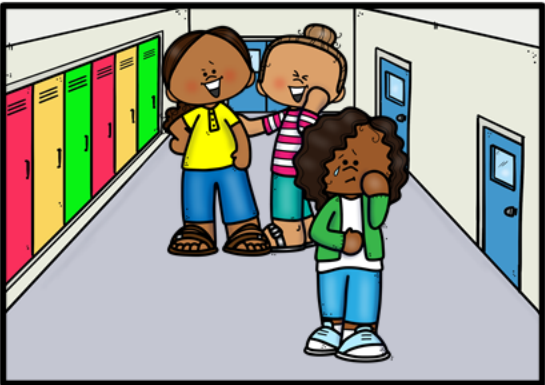
Maria is telling Jena about a movie, Jena interrupts and tells her about her dog. How does this make Maria feel? Why?



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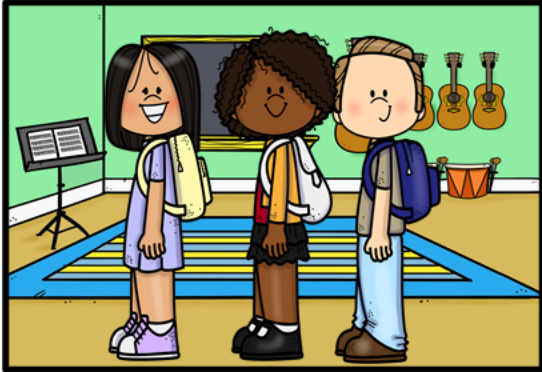


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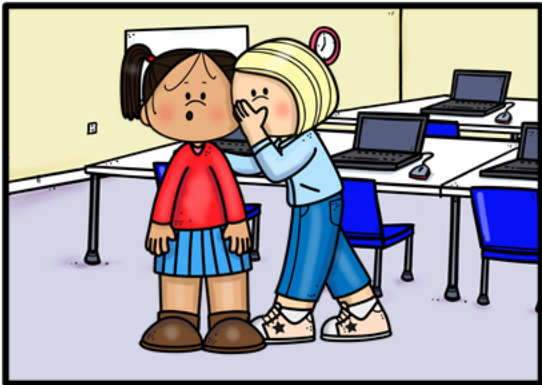


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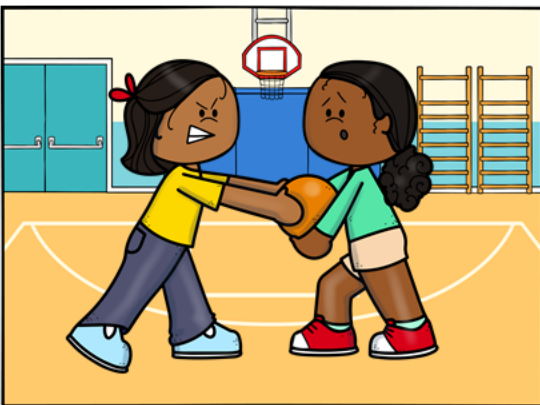
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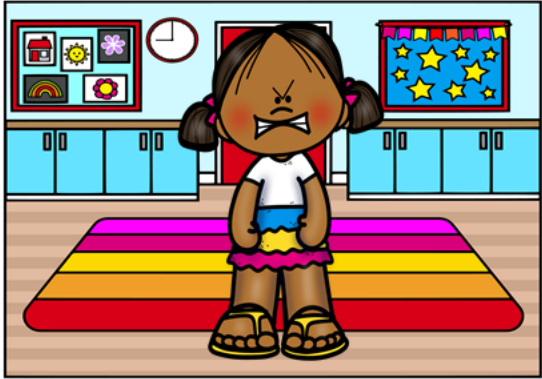


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**BLACK AND WHITE
VERSION**

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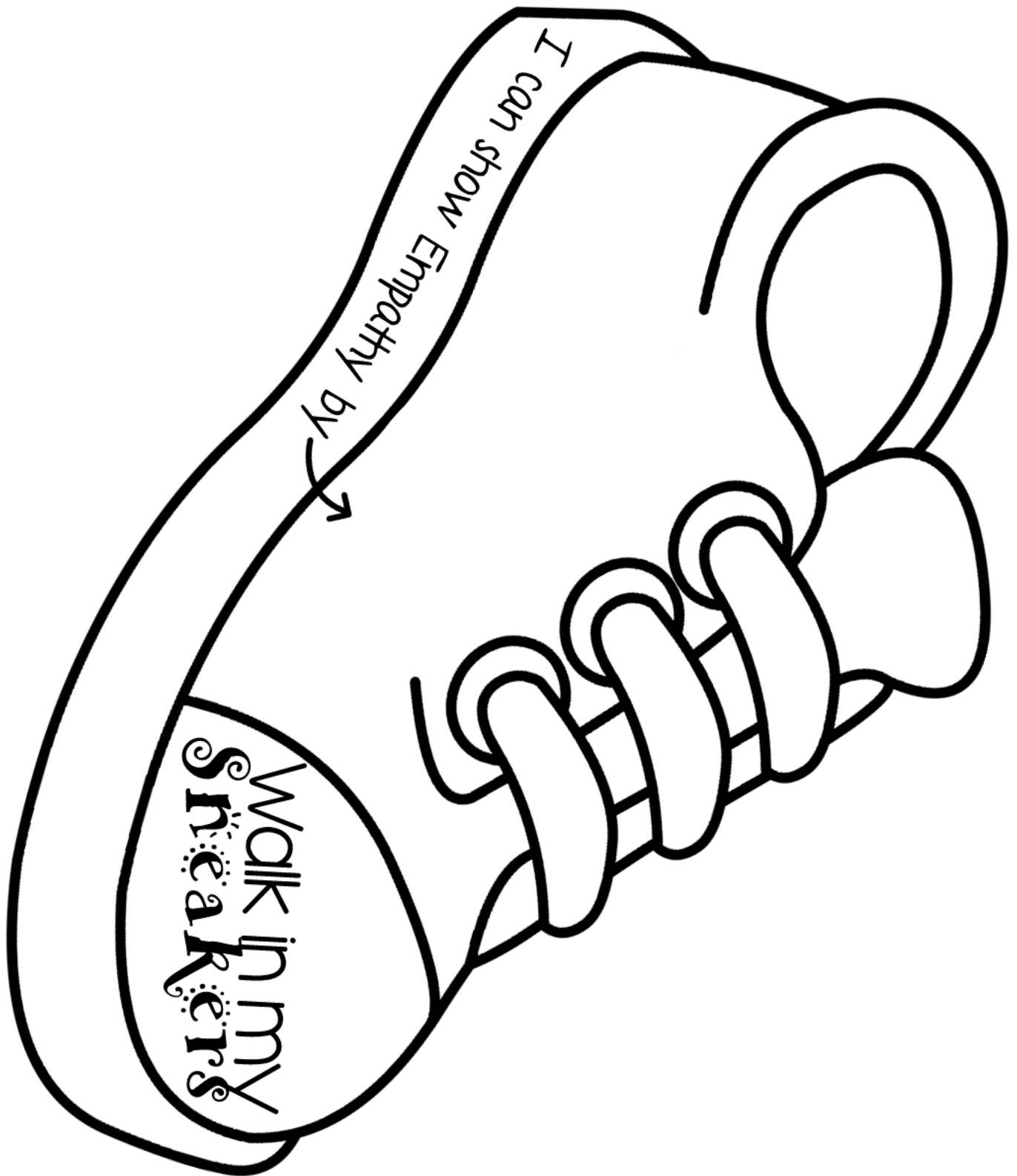
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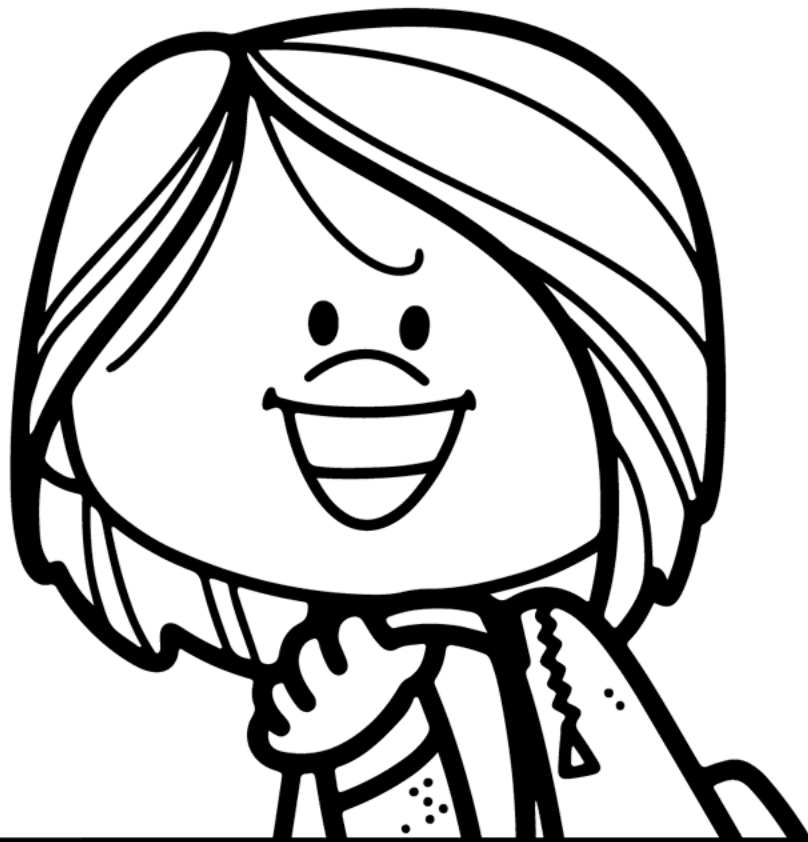
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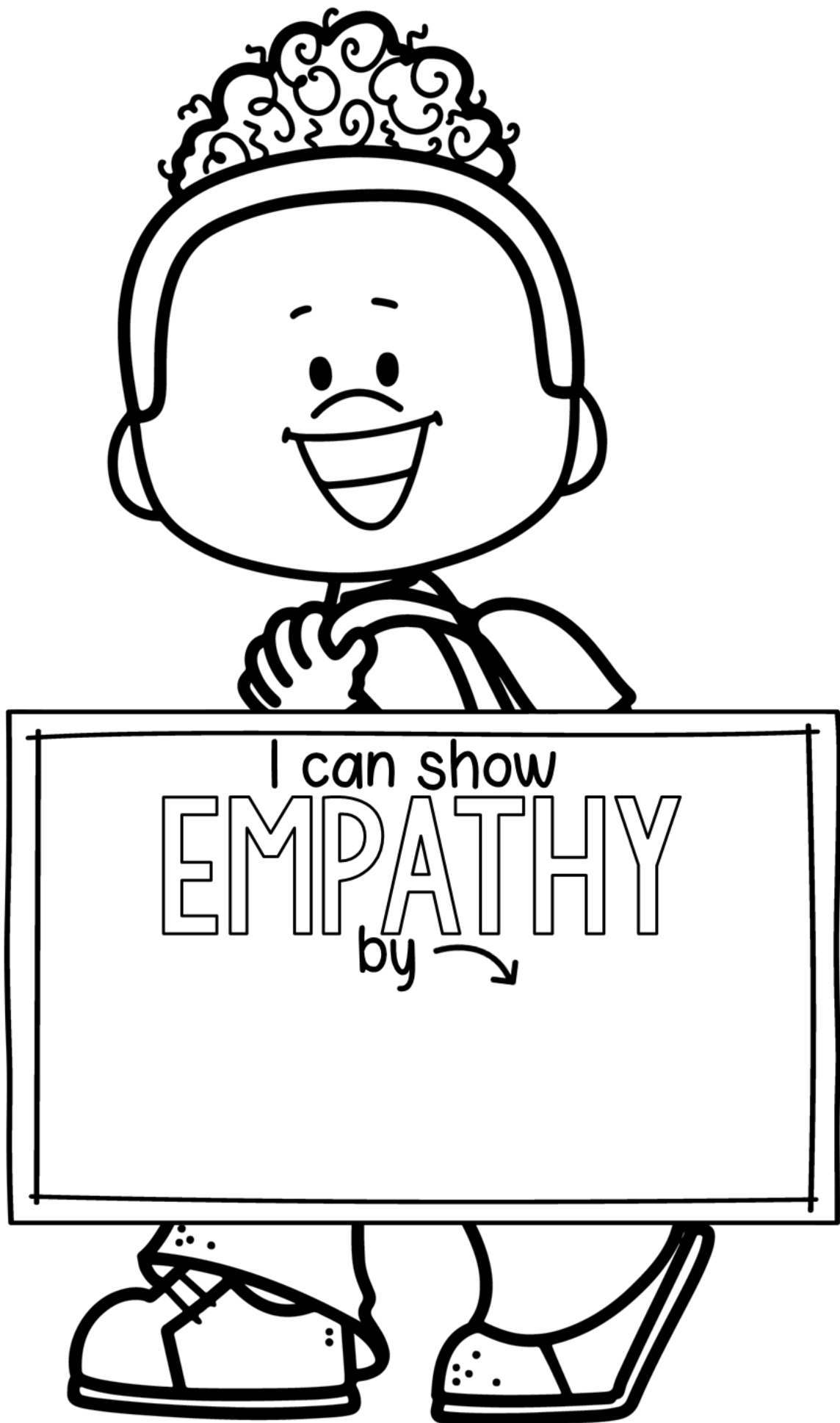
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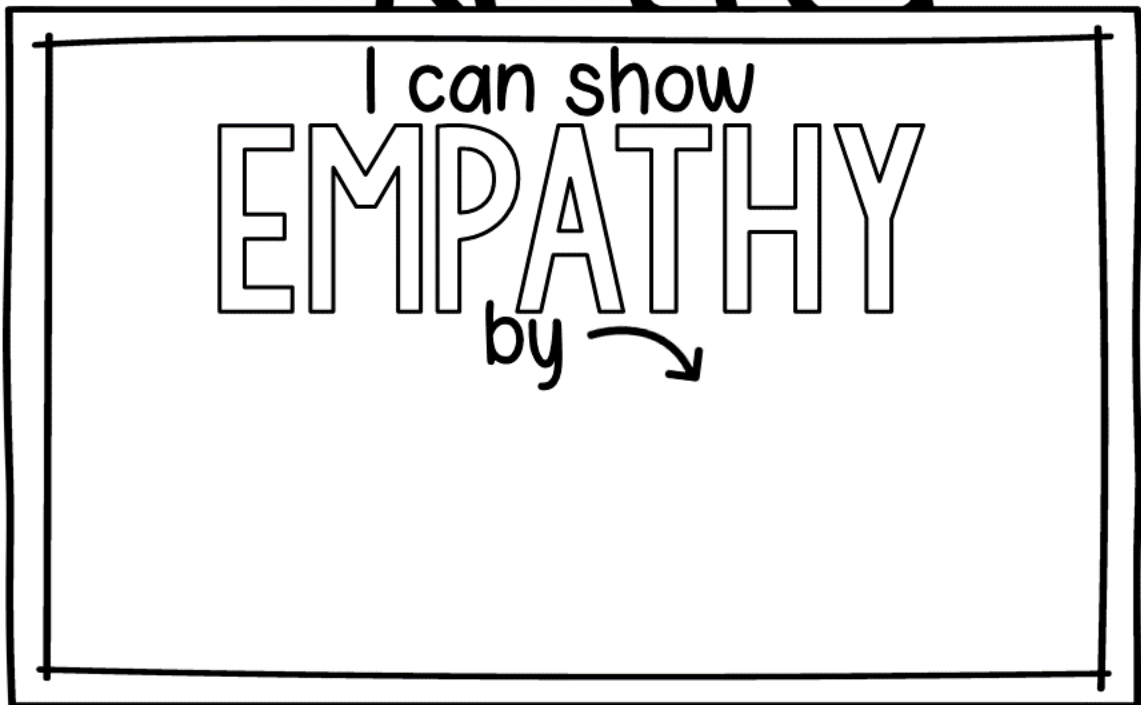
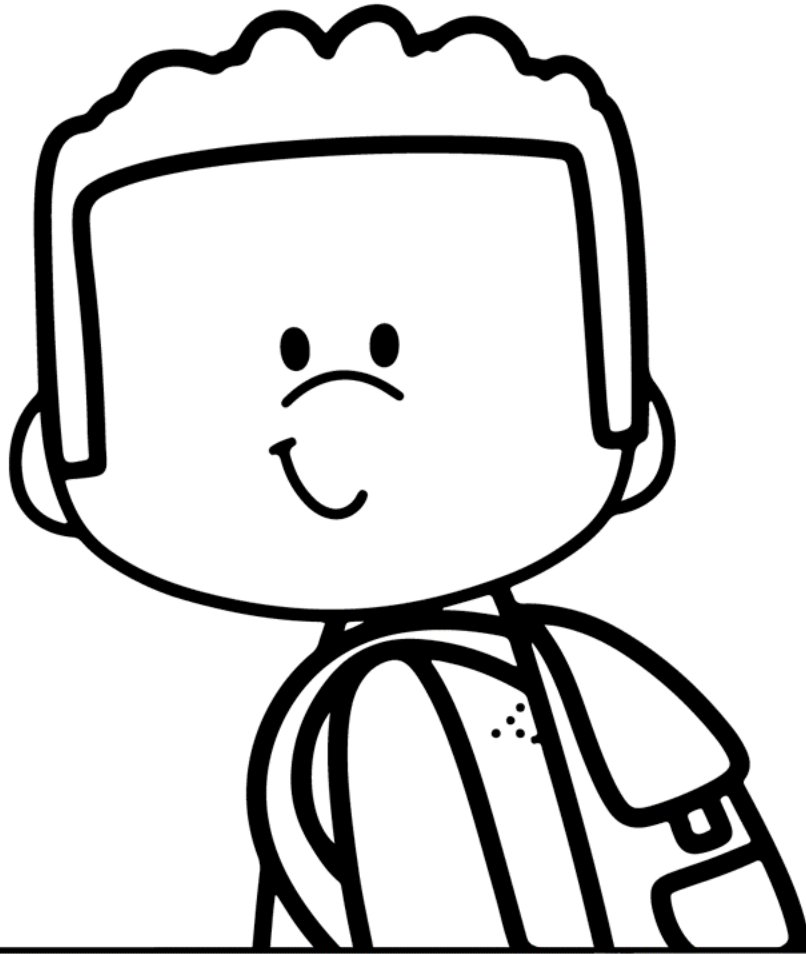


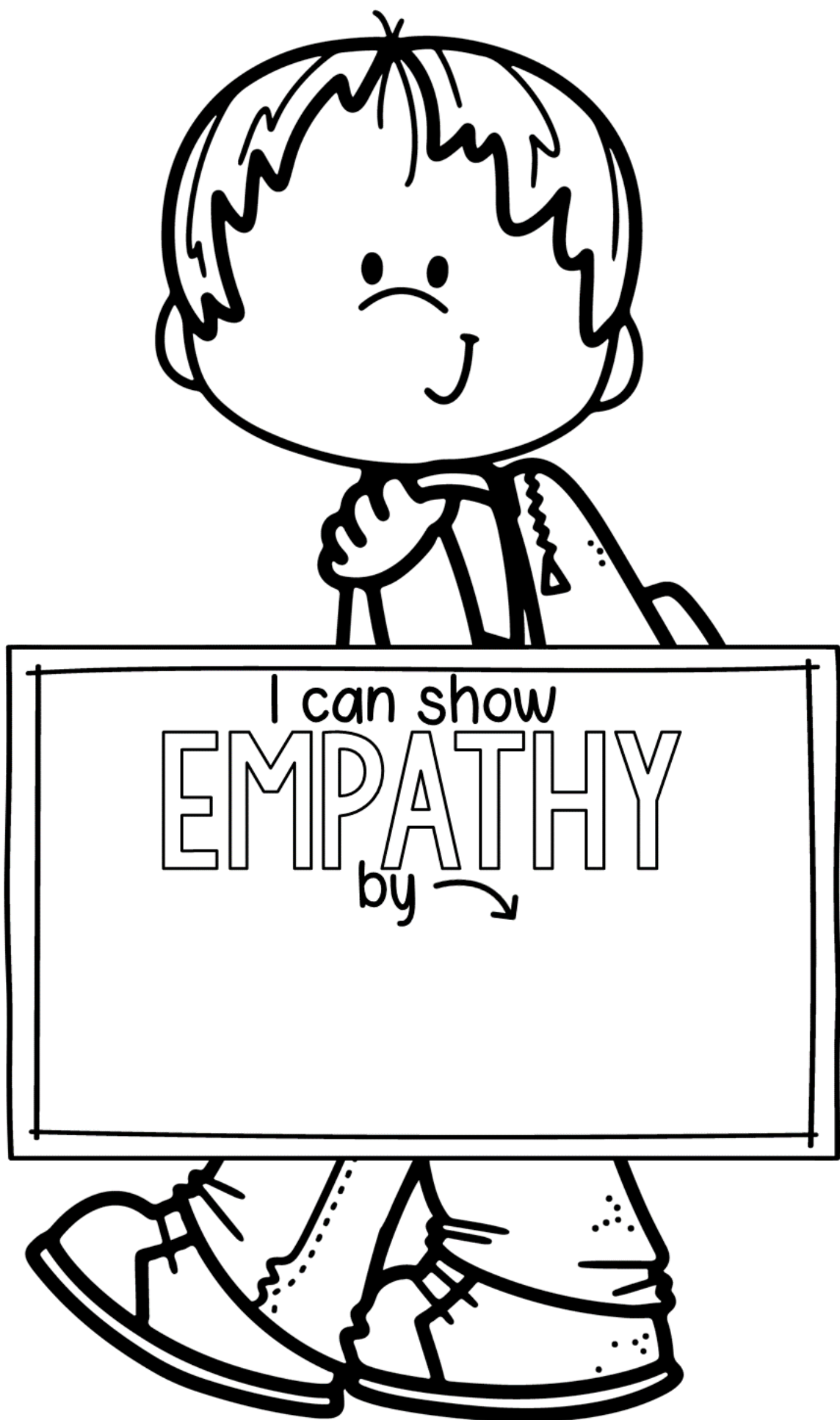


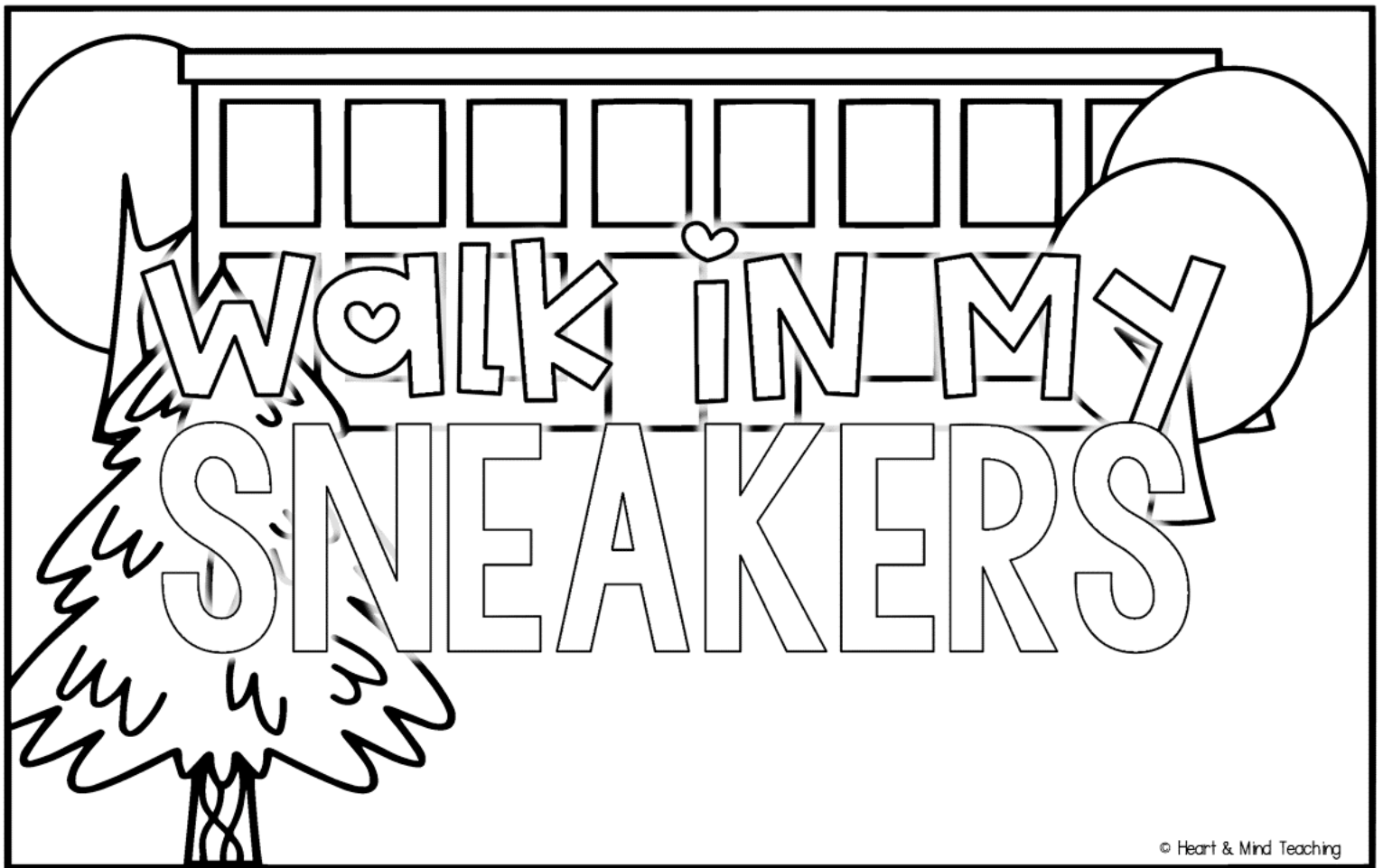
I can show
EMPATHY
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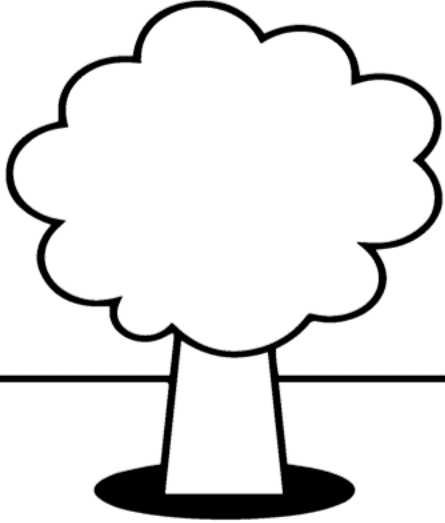


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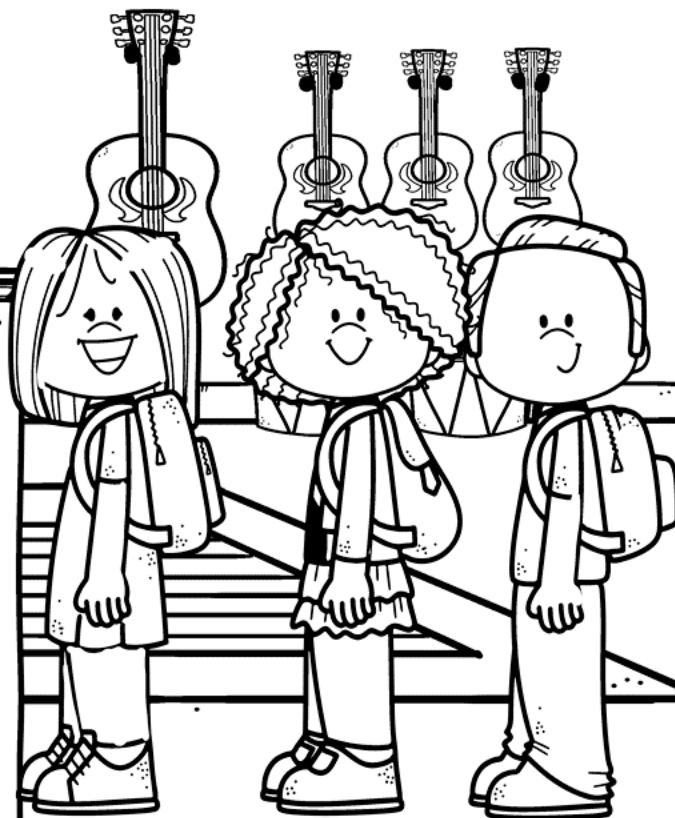
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Sandra spreads gossip about Gus to the whole class. What will others think? How will it make Gus feel?



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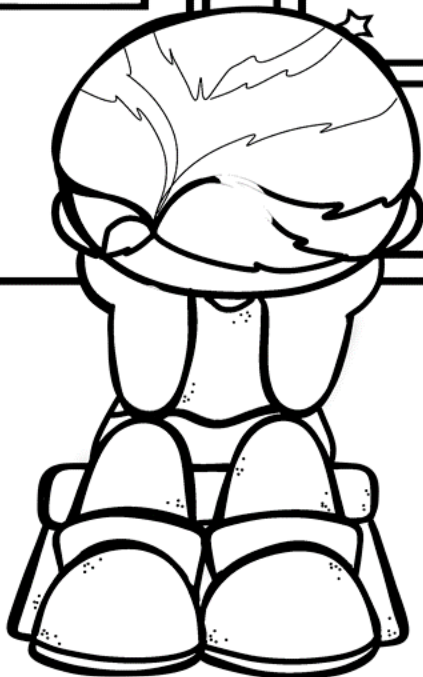


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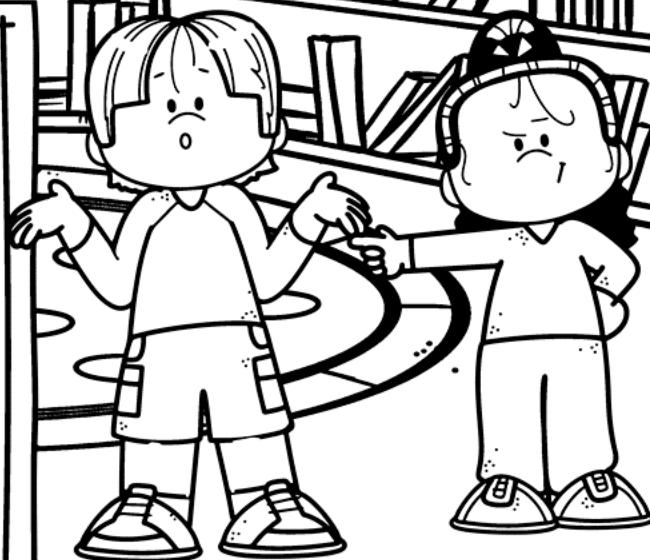
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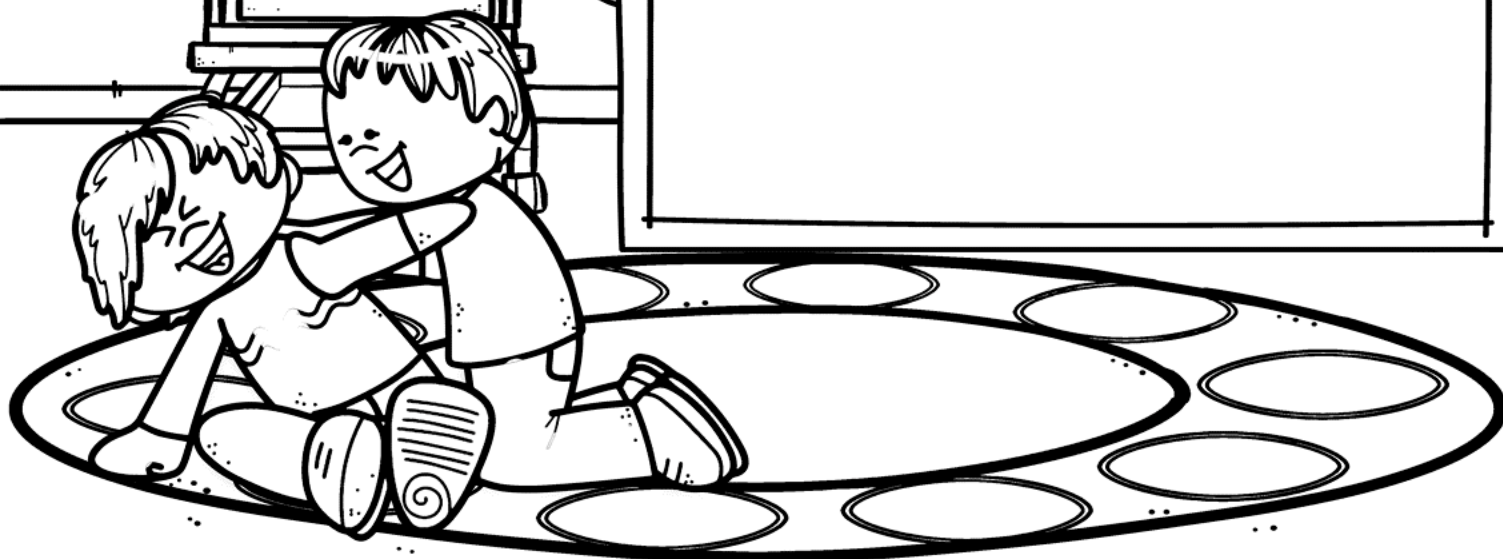
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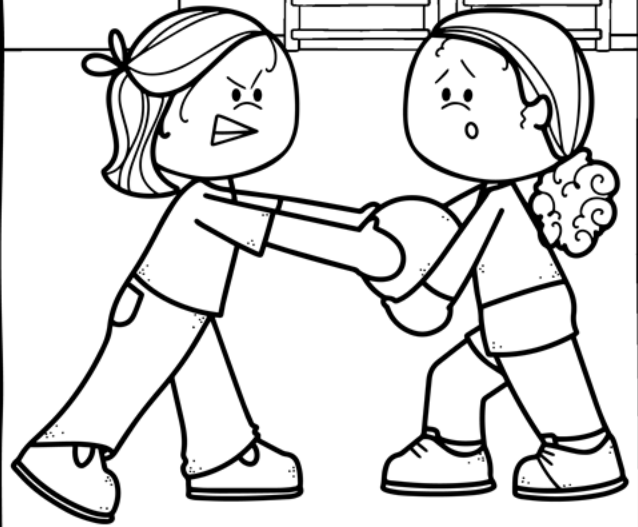
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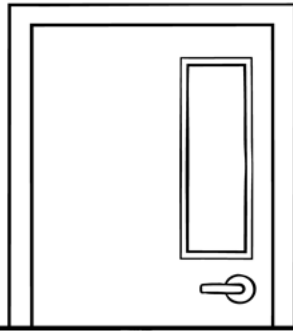
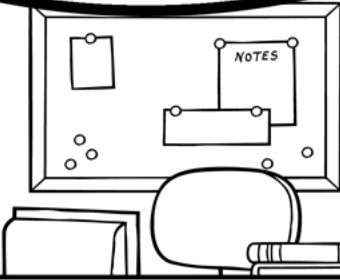
WALK IN MY
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Jose rolls his eyes as the teacher is talking to him. How is Jose feeling? How is the teacher feeling?



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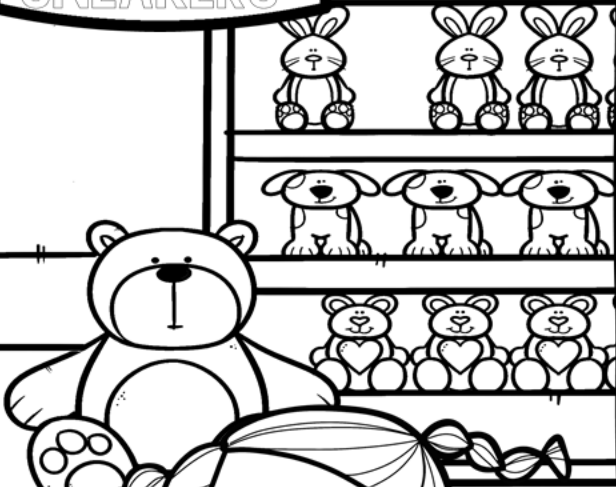


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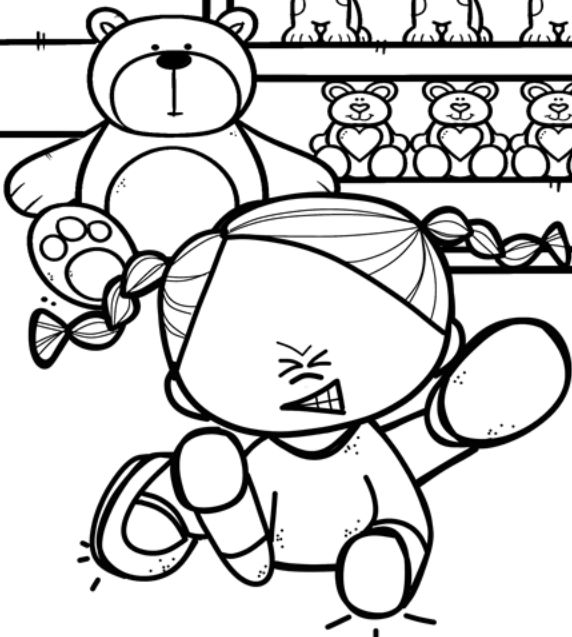


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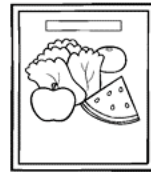


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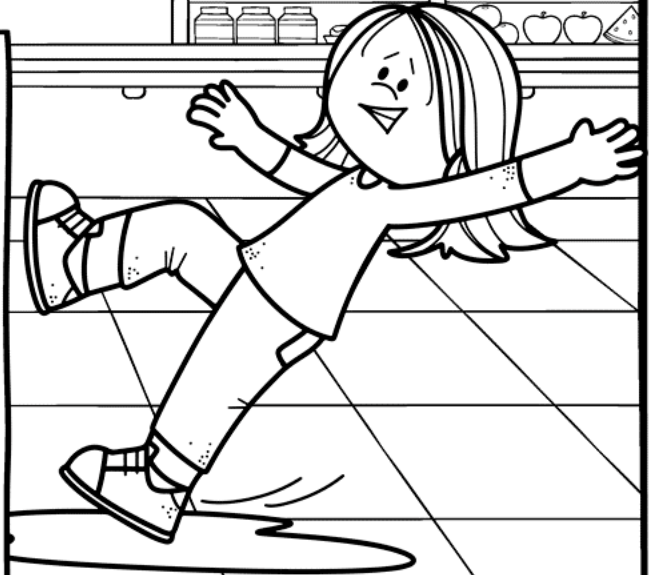


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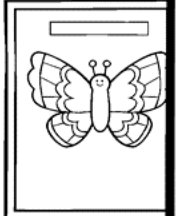
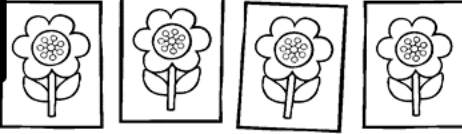
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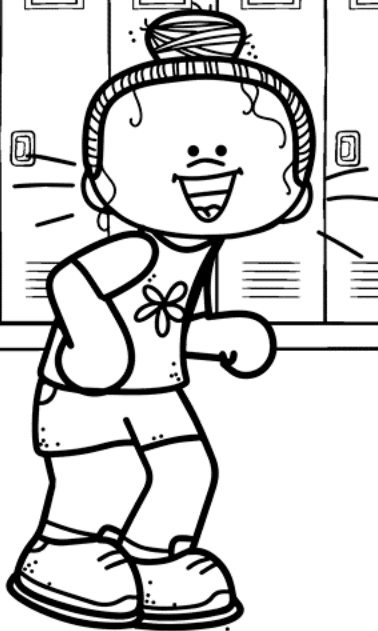
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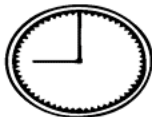
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SNEAKERS

Alex yells "Fire" in the hallway and there
is no fire. How does it make everyone in
the hallway feel? What will Alex feel
afterward?



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WALK IN MY SNEAKERS



Johanna got a bad grade on a test, she screams out loud "I hate school". How is Johanna feeling? How would you feel? How does it look to others?



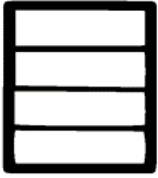
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WALK IN MY SNEAKERS



Juliana is performing in the talent show and some people in the crowd are talking loudly. How do you think she would feel? How would you feel?

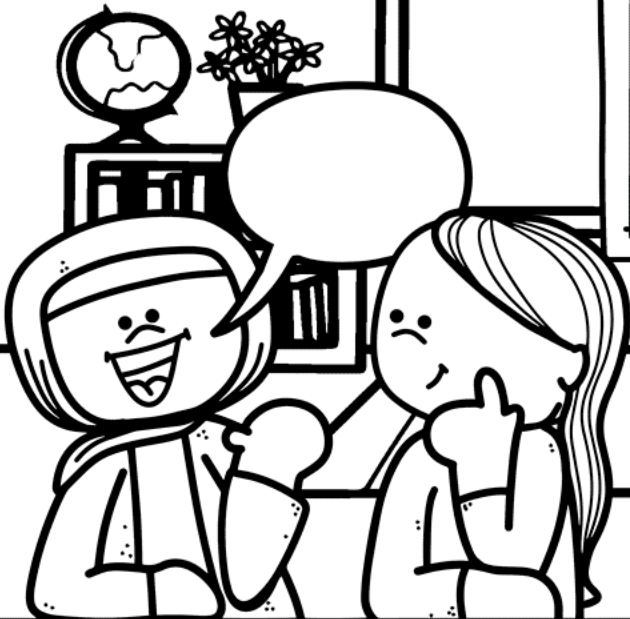




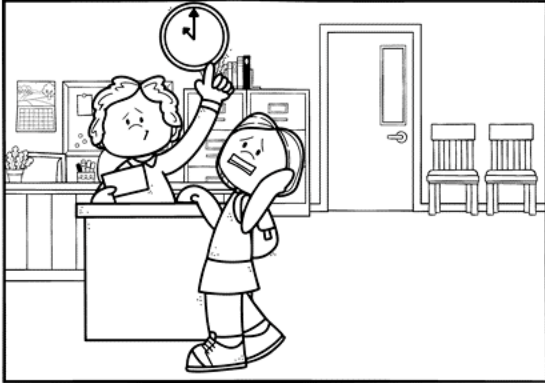
Mrs. Smith is explaining the math lesson to Ramon and he looks at the clock. How would that make Mrs. Smith feel? Would you feel the same way?



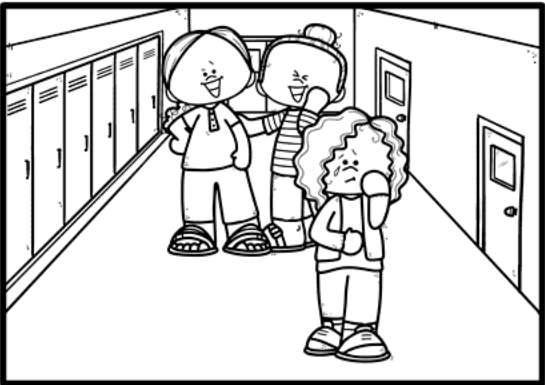
Maria is telling Jena about a movie, Jena interrupts and tells her about her dog. How does this make Maria feel? Why?



Walk in My Sneakers



Yolanda is late for school again for the third time this week. How might she be feeling? How might others around her feel?



Krista was called a mean name and starts to cry. How is Krista feeling? If you were Krista, how would you handle it?

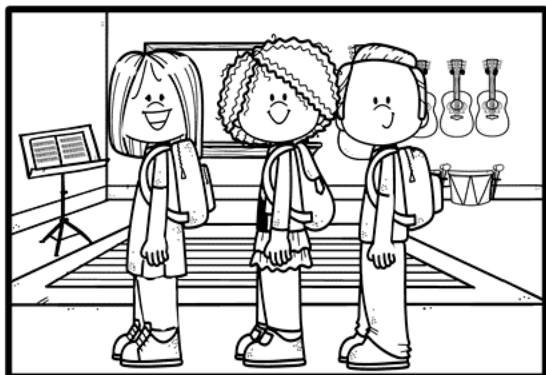


Aiden lost his Math folder, it had all his homework in it. How is Aiden feeling? If you were Aiden what would you do?

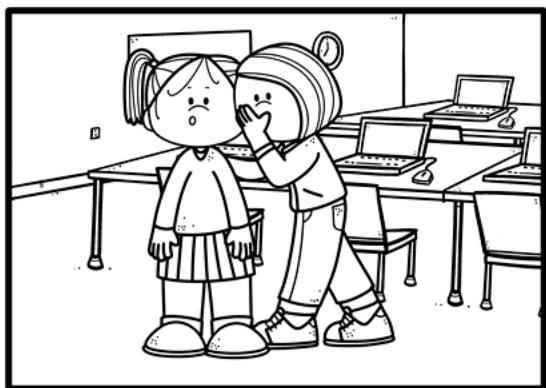


Anabelle won the game at recess, she is smiling. How is Anabelle feeling? If you were Anabelle, how would you act?

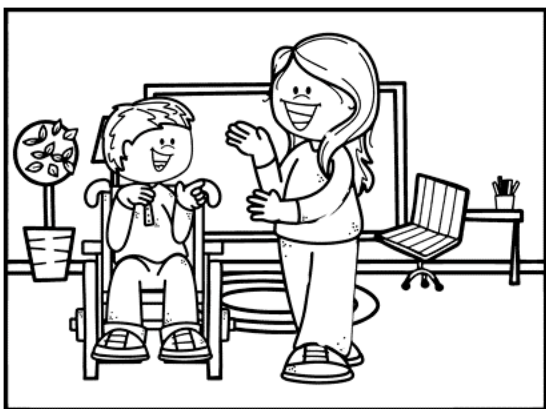
Walk in My Sneakers



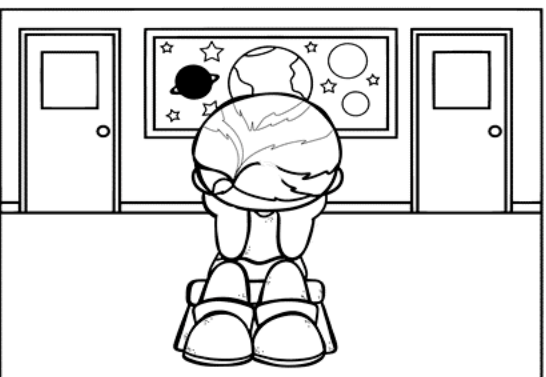
Paul is upset he is not the line leader, he stomps his feet in the hallway. What is Paul feeling? How does it look to others?



Sandra spreads gossip about Gus to the whole class. What will others think? How will it make Gus feel?

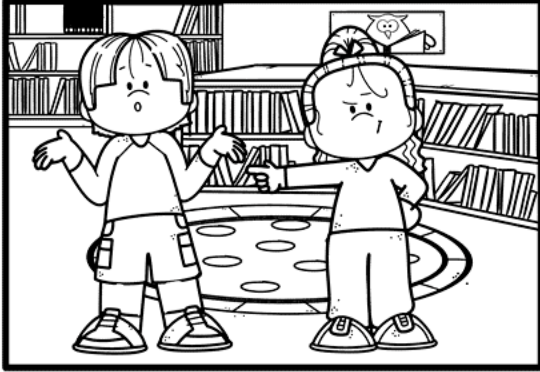


Sadie is talking to Tom about her new video game, Tom nods every so often and looks in her eyes. How would this make Sadie feel? How would you feel? Why?



John had a tough day at school today, he got his color changed and a note is being sent home to his mom. How is John feeling? How would it make you feel?

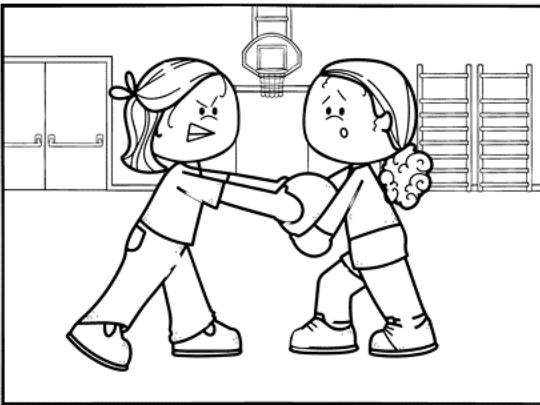
WALK IN MY SNEAKERS



Regina tattles on Hank. How does Hank feel? How would you feel? What do you think might happen afterward?



Calen and Luca are goofing around on the carpet when they are supposed to be listening to the guest speaker. How might the guest speaker feel? How do others around them feel?



Stephany takes the ball from Gianna at recess. How is Gianna feeling? What could Stephany do instead?

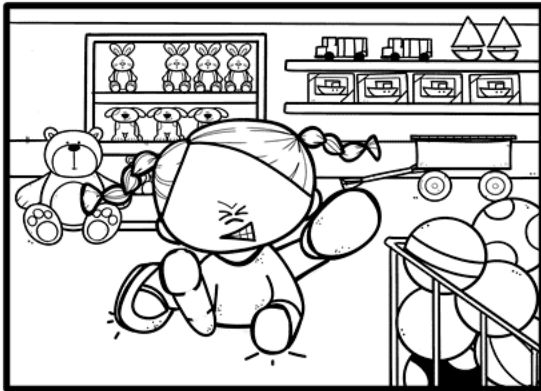


Jose rolls his eyes as the teacher is talking to him. How is Jose feeling? How is the teacher feeling?

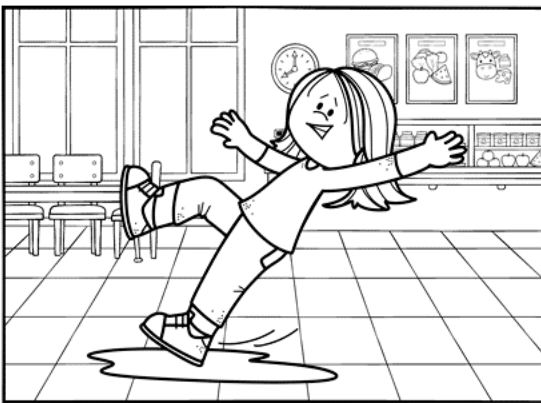
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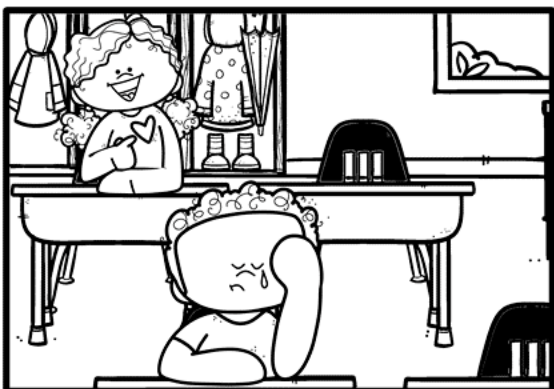
Brian is at the Book Fair and starts yelling at his little brother. How does his little brother feel? How does Brian feel?



Tina is at the store and wants a toy that her mom won't buy her. She throws a tantrum. How does her mom feel? How does Tina feel? What would you do?



Nicole slips and falls in the cafeteria. Her food is all over her shirt. How does Nicole feel? How would you feel? What would you do?



George's dog died last night. He has kept to himself all day. How is George feeling? What would you say to him?

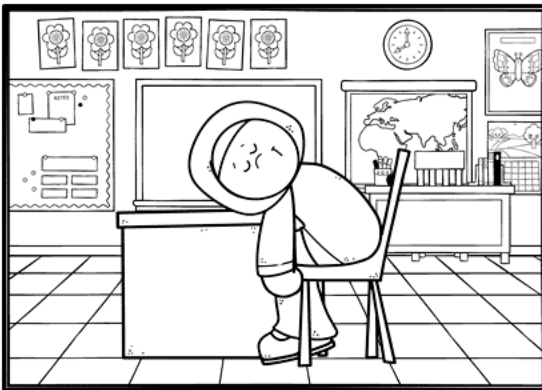
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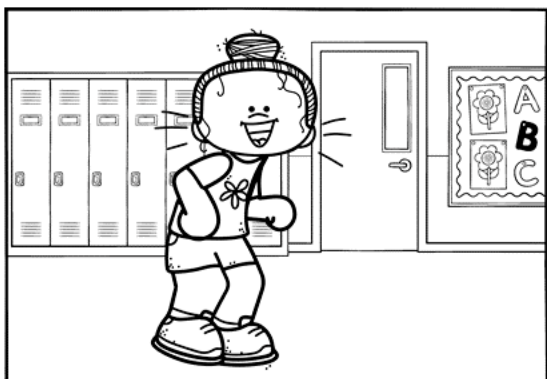
Kelly kicks the trashcan, everyone looks up at her. What is everyone thinking? How is Kelly feeling before and after?



The bus driver told Enrique to sit down but he keeps standing up. How does Enrique look to others? How does the bus driver feel?



Danielle keeps falling asleep in class. How does it look to others? How is Danielle feeling?

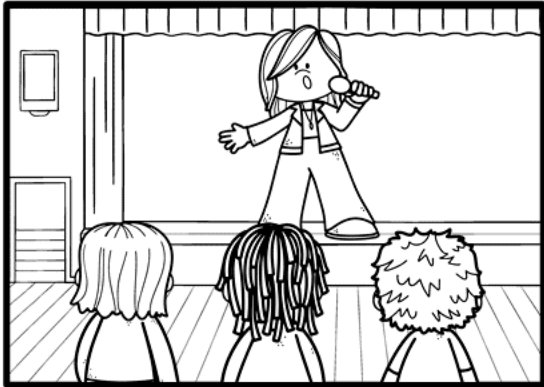


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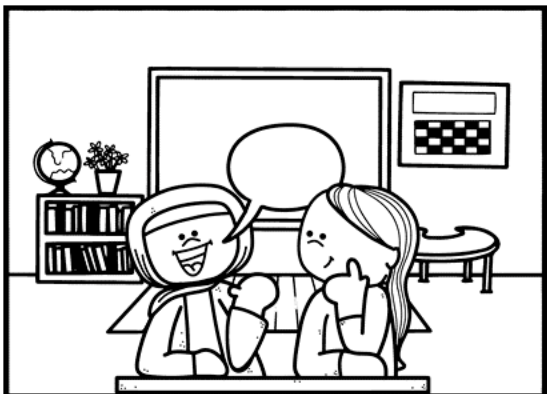
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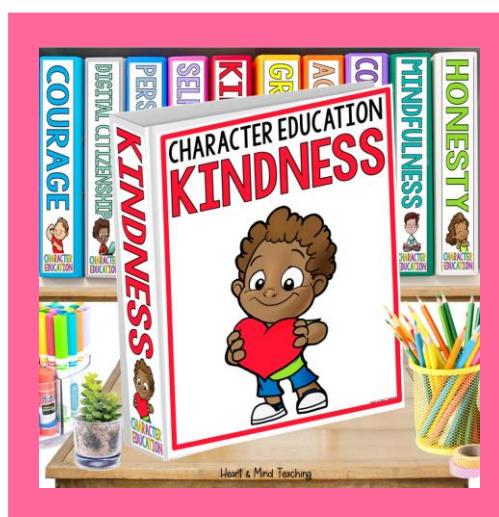
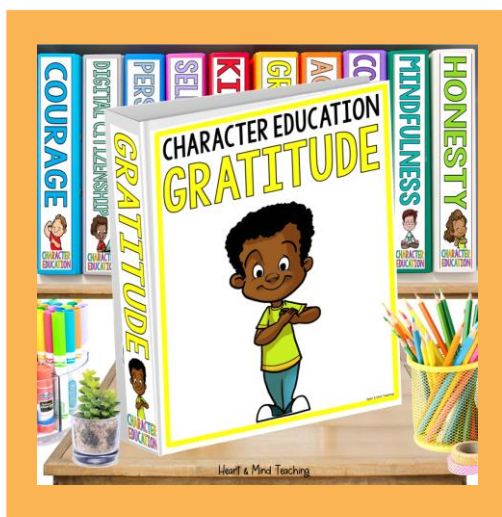
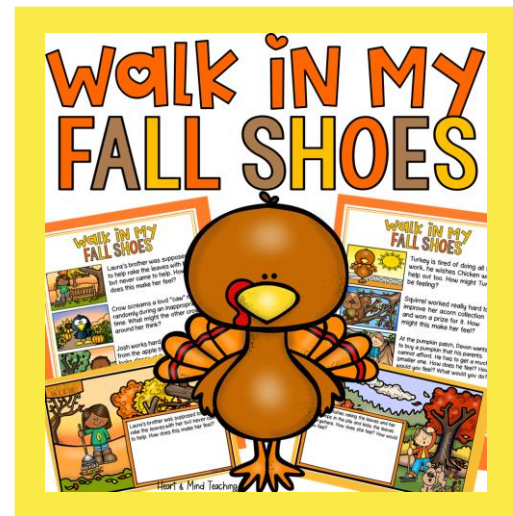
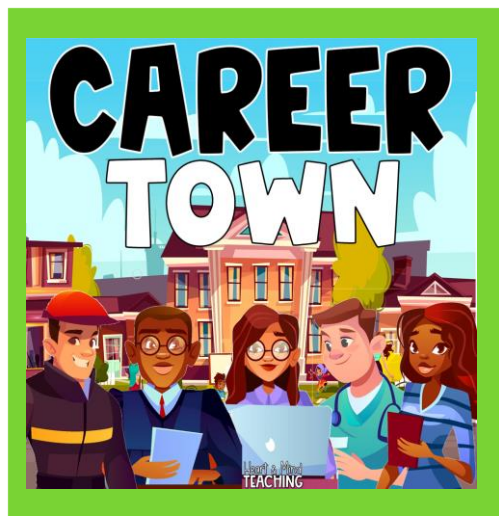
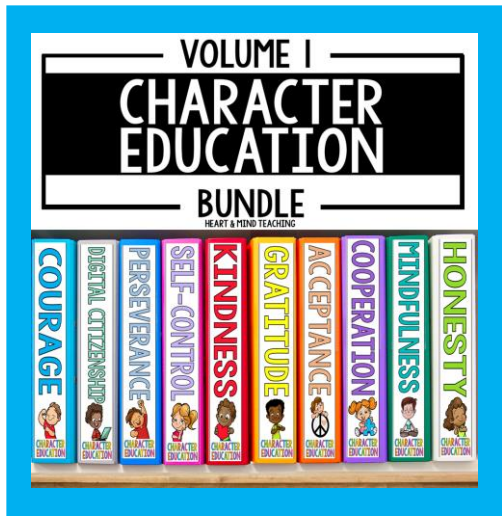
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CHECK THESE OUT

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THANK YOU

FOR SUPPORTING MY LITTLE SHOP.

Hi there! I'm Ashley- a School Counselor, curriculum developer, blogger, and mama to two young boys. I have a passion for creating fun and engaging resources for Counseling and Social Emotional Learning.

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